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DIETARY LEVELS OF HOUSEHOLDS IN THE UNITED STATES, SPRING 1965

A Preliminary Report

United States Department of Agriculture
Agricultural Research Service

This report presents some findings on the quantity, money value, and nutrient content of food used at home in the spring of 1965 and the percentage of households with diets meeting the Recommended Dietary Allowances set by the Food and Nutrition Board of the National Academy of Sciences-National Research Council. This is the third preliminary report from the nationwide food consumption survey made in 1965-66 by the Consumer and Food Economics Research Division of the Agricultural Research Service. Other preliminary reports are: "Money Value of Food Used by Households in the United States, Spring 1965," CFE-300, September 1966, and "Food Consumption of Households in the United States, Spring 1965," ARS 62-16, August 1967.

CONTENTS

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A Preliminary Report

By Consumer and Food Economics Research Division, Agricultural Research Service, United States Department of Agriculture

SUMMARY

A survey of the food consumption of a nationwide sample of 7,500 households made in the spring of 1965 shows that:

- Amounts of food used in U.S. households were sufficient, on the average, to provide diets meeting the Recommended Dietary Allowances set by the Food and Nutrition Board of the National Academy of Sciences-National Research Council for calories and protein; for the minerals, calcium and iron; and for the vitamins, vitamin A value, thiamine, riboflavin, and ascorbic acid.

- Half of the households had diets that met the allowances for all nutrients. These diets were rated "good."

- The other half of the households had diets that failed to meet the allowances for one or more nutrients. Calcium, vitamin A value, and ascorbic acid were the nutrients most often found to be below allowances.

- About one-fifth of the diets provided less than two-thirds of the allowances for one or more nutrients. These diets were rated "poor."

- Little difference was found in the proportion of households with diets below the allowances for one or more nutrients in the four regions--Northeast, North Central, South, and West. Southern households spent less for food than households in other regions, but they had a greater nutritional return for each dollar spent.

- Similar proportions of urban and rural households had diets below the allowances for one or more nutrients. More rural than urban diets were below allowances for vitamin A value and ascorbic acid. But for most of the other nutrients studied, more urban than rural diets were below allowances.

- At each successively higher level of income, a greater percentage of households had diets that met allowances. High income of itself, however, did not insure good diets. More than one-third, 37 percent, of the households with incomes of $10,000 and over had diets that were below the allowances for one or more nutrients.

- Almost two-thirds, 63 percent, of the households with incomes under $3,000 had diets that did not meet the allowances for one or more nutrients.

- Over one-third, 36 percent, of the households with incomes under $3,000 had poor diets. At this income level poor diets occurred most frequently among urban households in the North Central and rural households in the South.

- Fewer households had good diets in 1965 than in 1955--50 percent in 1965 and 60 percent in 1955. The proportion with poor diets increased over the 10-year period from about 15 percent in 1955 to 20 percent in 1965. Decreased use of milk and milk products and vegetables and fruit, the main sources of calcium, ascorbic acid, and vitamin A value, was chiefly responsible for these changes in dietary levels.

INTRODUCTION

Amounts of food used in U.S. households in the spring of 1965 were sufficient, on the average, to provide diets meeting the Recommended Dietary Allowances set by the Food and Nutrition Board of the National Academy of Sciences-National Research Council for calories and protein; for the minerals, calcium and iron; and for the vitamins, vitamin A value, thiamine, riboflavin, and ascorbic acid.

Averages, however, conceal the great variation in the amounts of food used by different households. Half of the households had diets that furnished the recommended allowances for all of the nutrients studied, and the other half had diets that failed to meet the allowance for one or more nutrients. Ninety percent or more of all the household diets supplied the recommended allowances for protein, iron, thiamine, and riboflavin; nearly 75 percent supplied the allowances for vitamin A value and ascorbic acid; and 70 percent supplied the allowance for calcium. Of every 10 households with diets that did not supply the allowances for one or more nutrients, roughly four were short in only one nutrient, three in two, and another three in three or more.

The recommended allowances are daily calorie and nutrient intakes judged by scientists of the Food and Nutrition Board to be adequate for maintaining good nutrition in essentially all healthy persons in the United States under current conditions of living. The allowances provide a margin of sufficiency above average physiological requirements for each nutrient, but not for calories, to cover variations in needs among healthy persons.

The Food and Nutrition Board explains, however, that: "If the recommended allowances are used as reference standards for interpreting records of food consumption, it should not be assumed that food practices are necessarily poor or that malnutrition exists because the recommendations are not completely met."

In this report a diet is termed "good" when the nutritive value of the total food used by the household equaled or exceeded the recommended allowance for each of the seven nutrients for all the members of the household. By this criterion, one-half of the household diets rated "good."

In the other half of the households, some diets provided nutrients in amounts well below the allowances. When a diet supplied less than two-thirds of the recommended allowances for one or more nutrients, it was rated "poor." Two-thirds of the allowance for any nutrient is considered a level below which diets could be nutritionally inadequate for some individuals over an extended period of time.

One-fifth of the household diets rated poor. Only 1 or 2 percent of the diets supplied less than two-thirds of the allowance for protein, iron, thiamine, and riboflavin. However, 8 percent were this low in calcium, 10 percent in vitamin A value, and 13 percent in ascorbic acid. The nutrient shortages were associated with relatively low consumption of milk and milk products and vegetables and fruit, the principal food sources of calcium, vitamin A value, and ascorbic acid. On the average, about 60 percent of the calcium in the diets was supplied by milk and milk products, while half the vitamin A value and almost all the ascorbic acid were supplied by vegetables and fruit.

In this survey, approximately 7,500 housekeeping households of one or more members in a representative sample of the United States were interviewed during the spring (April, May, June) of 1965. The interviews were distributed fairly evenly over the 13 weeks of the season. The households reported quantities of all foods used at home and expenditures for the purchased items used during the 7 days preceding the interview. Home-produced food and food received as gifts and pay were valued at average prices paid for similar items by other households in the same region and urbanization. Federally donated foods were valued at average U.S. prices released by the Bureau of Labor Statistics for the period of the survey. Respondents also reported expenditures for meals and snacks away from home, and provided information needed to classify households by urbanization, income, size, and other family characteristics.

From the results of the survey, it is possible to assess the dietary situation among the various population groups in the United States during the survey period. The findings identify by region, urbanization, and income the groups of households that had a large percentage of good diets as defined for this survey. Similarly, the findings identify the groups with many poor diets. Although food selections and dietary levels of a household usually vary from week to week, in a representative sample of households the percentage of diets rated good or poor would not be expected to vary much from week to week. Thus, the dietary situation for the spring of 1965 and for each of its 13 weeks would be similar. In the groups with many poor diets malnutrition and hunger are most likely to occur, but the survey provided no indicator of the existence of such conditions.

A survey such as this one not only appraises the nutritional adequacy of U.S. diets and its trends but helps in analyzing the demand for agricultural products, guiding farm and food policies, and conducting research and educational programs.

REGIONAL DIFFERENCES

Approximately half of the households in each region had diets that did not meet the allowances for all nutrients--52 percent in the North Central and South, 48 percent in the West, and 47 percent in the Northeast.

In all four regions, diets were most frequently below the allowances for calcium, vitamin A value, and ascorbic acid. More diets in the North Central and South than in the other regions did not meet the allowances for vitamin A value and ascorbic acid.

Nutrient	Percent of diets below allowances			
	Northeast	North Central	South	West
1 to 7 nutrients	47	52	52	48
Protein	5	5	6	5
Calcium	31	31	30	31
Iron	11	10	9	9
Vitamin A value	24	27	28	21
Thiamine	9	8	7	10
Riboflavin	5	6	7	6
Ascorbic acid	21	29	32	23

The regional differences in percent of diets below allowances for vitamin A value and ascorbic acid reflect the lower use per person of vegetables and fruit by North Central and Southern families than other families. Despite lower average consumption of milk, cream, and cheese in the South, the percentage of diets in this region below the allowances for calcium was about the same as in other regions. The kinds and quantities of grain products used by Southern families supplied more calcium to their diets than that used by families in other regions.

The percentage of calcium contributed by milk, cream, and cheese plus flour, cereals, and bakery products was about the same for the South as for other regions, slightly under 80 percent.

Food group	Percent contribution to total calcium in diets			
	Northeast	North Central	South	West
Milk, cream, cheese	64	63	55	63
Flour, cereals, bakery products	15	15	22	15
Meat, poultry, fish, other protein food	6	7	8	7
Vegetables, fruit	9	9	9	9
Other	6	6	7	6
Total	100	100	100	100

Southern households used less expensive foods and had better diets for the money value of their food than the households in other regions--$7.92 per person per week in the South compared with $8.67 in the North Central, $9.35 in the West, and $9.77 in the Northeast. A dollar's worth of food in the South provided more calories and more of each nutrient than a dollar's worth in other regions.

Region	A dollar's worth of food provided--				
	Food energy	Protein	Calcium	Vitamin A value	Ascorbic acid
	Cal.	G.	Mg.	I.U.	Mg.
Northeast	2,240	76	790	5,600	81
North Central	2,580	86	890	5,700	80
South	2,930	91	1,000	6,120	82
West	2,340	81	830	5,900	78

RURAL-URBAN DIFFERENCES

About as many urban as rural farm and nonfarm households had diets that did not meet the allowances for one or more nutrients. Slightly more rural than urban diets did not meet the allowances for vitamin A value and ascorbic acid. Greater use by urban families of dark-green and deep-yellow vegetables, rich in vitamin A value, and citrus fruits, rich in ascorbic acid, contributed to these differences.

Slightly more urban than farm diets did not meet the calcium, iron, and thiamine allowances. Consumption of more milk, cream, and cheese by farm than urban families (4.20 compared with 4.05 quarts, calcium equivalent, per person per week) and more grain products (3.44 compared with 2.46 pounds, flour equivalent) accounted for the additional amounts of these nutrients for farm families. The percentages of rural nonfarm households with diets not meeting the allowances for these three nutrients were between those of urban and farm households.

When households were classified by urbanization within the regions, other differences appeared. Diets that did not meet the allowances were most frequent in the Northeast and the West, among rural nonfarm households; in the North Central, among urban households; and in the South, among rural farm households.

Urbanization	Percent of diets below allowances for 1 or more nutrients				
	United States	Northeast	North Central	South	West
All----------	50	47	52	52	48
Urban----------	50	46	54	51	47
Rural nonfarm---	52	52	48	54	61
Rural farm------	52	47	48	57	44

DIFFERENCES BY INCOME

Dietary adequacy, as measured by the percentage of household diets meeting the allowances for all seven nutrients, was related to income. At each successively higher level of income, a greater percentage of households had diets that met the allownaces.

High income alone did not insure good diets. More than one-third of the households with incomes of $10,000 and over had diets that did not meet the allowances for one or more nutrients.

Income level	Percent of diets below allowances for 1 or more nutrients	Average number of nutrients below allowances
Under $3,000--------	63	2.5
$3,000-$4,999-------	57	2.2
$5,000-$6,999-------	47	2.2
$7,000-$9,999-------	44	2.0
$10,000 and over----	37	1.9

As income increased the proportions of diets that were below the allowances declined less sharply for calcium and vitamin A value than for ascorbic acid.

Income level	Percent of diets below allowances for--		
	Calcium	Vitamin A value	Ascorbic acid
Under $3,000----------	36	36	42
$3,000-$4,999----------	35	26	33
$5,000-$6,999----------	29	24	24
$7,000-$9,999----------	26	20	20
$10,000 and over-------	24	18	12

Differences in the kinds of foods used at different income levels were not the result of income alone. Such differences undoubtedly reflect the many factors involved in food preferences and other family characteristics.

Low-income households had greater returns in calories and nutrients per food dollar, on the average, than households with high incomes.

Income level	A dollar's worth of food provided--				
	Food energy	Protein	Calcium	Vitamin A value	Ascorbic acid
	Cal.	G.	Mg.	I.U.	Mg.
Under $3,000	3,150	99	1,090	6,860	85
$3,000-$4,999	2,860	92	970	6,320	80
$5,000-$6,999	2,570	85	890	5,990	81
$7,000-$9,999	2,380	79	830	5,320	80
$10,000 and over	2,100	72	750	5,180	82

At low incomes more diets were poor (providing less than two-thirds of the allowances for one or more nutrients) among urban households in the North Central and rural households in the South than in other regions. In general, the West had fewer low-income households with poor diets than the other regions. Diets were most often poor in ascorbic acid, vitamin A value, and calcium.

Urbanization	Percent of households with incomes under $3,000 having poor diets				
	United States	Northeast	North Central	South	West
All	36	32	36	40	26
Urban	35	32	41	38	26
Rural nonfarm	38	35	31	42	26
Rural farm	36	17	28	43	23

COMPARISON WITH 1955

Average amounts of some foods used in 1965 were appreciably different from the amounts used in 1955, when the USDA made a similar nationwide food consumption survey. The principal differences were the increased use in 1965 of bakery products and meat, poultry, and fish, and decreased use of milk and milk products, flour and cereals, and vegetables and fruit. (See earlier preliminary report, ARS 62-16, August 1967.)

The 1955 data on nutritive values were adjusted to make them comparable with the 1965 data. Nutritive values per person for 1955 were adjusted to include (1) revisions in food composition values made since the 1955 survey and (2) nutritive values for alcoholic beverages, coffee, and baking powder. Comparable values for the two periods and the percentage change are shown below.

Nutrient	Nutritive value per person per day		Percent change from 1955
	Spring 1955 (adjusted)	Spring 1965	
Food energy----------cal.--	3,220	3,210	<1
Protein----------g.--	103	106	+3
Calcium----------mg.--	1,230	1,110	-10
Iron----------mg.--	19.2	19.5	+2
Vitamin A value--------I.U.--	8,170	7,330	-10
Thiamine----------mg.--	1.7	1.6	-6
Riboflavin----------mg.--	2.5	2.4	-4
Ascorbic acid----------mg.--	110	101	-8

To compare the proportions of households with diets meeting the allowances for the two periods, the 1955 survey data were further adjusted to reflect the 1964 revision of the Recommended Dietary Allowances. Estimates were made for the percentage of diets surveyed in 1955 that met the 1964 allowances and for the percentage of diets that furnished less than two-thirds of the 1964 allowances for each of the nutrients. 1/ These are compared with figures from the 1965 survey.

Nutrient	Percent of diets providing--			
	Allowances		Less than two-thirds allowances	
	1955 (adjusted)	1965	1955 (adjusted)	1965
Protein----------	95	95	1	1
Calcium----------	80	70	5	8
Iron----------	90	90	2	2
Vitamin A value----------	80	74	8	10
Thiamine----------	95	92	1	1
Riboflavin----------	95	94	1	1
Ascorbic acid----------	78	73	9	13

In both 1955 and 1965 fewer diets met the allowances for calcium, vitamin A value, and ascorbic acid than for other nutrients. Proportions of diets meeting the allowances in 1965 were lower for these three nutrients than in 1955.

1/ The estimates for 1955 are tentative.

Good diets, those meeting allowances for all seven nutrients, were found in 5 of every 10 households surveyed in 1965 and in 6 of every 10 households in 1955. About 20 percent of the diets in 1965 were poor, those with less than two-thirds of the allowance for one or more of the nutrients, and about 15 percent in 1955.

Increased consumption of milk or other worthwhile sources of calcium, vegetables, and fruit is needed to improve the household diets not meeting the allowances. High incomes and high expenditures for food are related to good diets, but neither guarantees them. Awareness of the foods that make up a good diet, a desire to choose these foods, and sufficient money to buy adequate food must become more universal if most U.S. households are to have good diets.

SCOPE AND NATURE OF SURVEY

In addition to the 7,500 housekeeping households surveyed in the spring of 1965, 2,500 households were surveyed in each of the other three seasons--summer 1965, fall 1965, and winter 1965. In all, a total of 15,000 households were surveyed.

The Department of Agriculture has made similar nationwide surveys of household food consumption in 1936, 1942, 1948 (urban only), and 1955. The 1965-66 survey is the first to include nationwide data on diets of individual family members and on household food consumption for all seasons of the year. Results on these aspects will be reported in later publications.

REPORT PLANS

Final reports will be released in a special publication series. The first reports will be comparable to the first reports from the 1955 survey. They will deal with the spring 1965 data and will comprise the following two sets of reports:

Reports 1-5 Food Consumption of Households--Contents will include the quantity, money value, and percentage of households using major groups, subgroups, and selected items of food. Where pertinent, these data will be shown separately for purchased food as well as for all food used at home.

Reports 6-10 Dietary Levels of Households--Contents will include the average nutritive value of the food used at home; the percentage of households with diets reaching specified levels of each nutrient; the nutrient contribution of selected groups of food; and the average quantity, money value, and percentage of households using selected foods arranged in nutritionally meaningful groups.

Each set of reports will have separate volumes for the United States and for each of the four Census regions--Northeast, North Central, South, and West. In each individual report, the data will be shown by income for three urbanizations--urban, rural nonfarm, and rural farm--and for all urbanizations combined.

Table 1.--Quantity of food used at home per person per week

Region, urbanization, 1964 money income after taxes	Household size, persons 1/	Meat, poultry, fish	Mixtures, mostly meat 2/	Eggs 3/	Dry legumes, nuts 4/	Vegetables		Fruit		
						Total (product weight)	Dark green, deep yellow	Total (product weight)	Vitamin C-rich 5/	Other
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
	No.	Lb.	Lb.	Doz.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.
United States:										
All urbanizations 6/-	3.29	4.58	0.14	0.56	0.29	5.35	0.48	3.73	1.47	2.19
Under $3,000-------	2.57	4.01	.08	.60	.38	4.83	.52	2.94	.98	1.76
$3,000-$4,999------	3.39	4.37	.14	.58	.34	5.18	.47	3.17	1.10	1.91
$5,000-$6,999------	3.59	4.66	.14	.56	.27	5.39	.45	3.72	1.40	2.20
$7,000-$9,999------	3.60	4.76	.17	.52	.25	5.58	.46	4.09	1.71	2.38
$10,000 and over---	3.63	5.06	.16	.53	.23	5.80	.52	4.86	2.21	2.75
Urban 6/----------	3.16	4.70	.16	.54	.26	5.32	.52	3.85	1.58	2.21
Under $3,000-------	2.26	4.24	.10	.60	.33	4.86	.58	3.27	1.20	1.83
$3,000-$4,999------	3.19	4.41	.14	.56	.30	4.99	.53	3.20	1.19	1.85
$5,000-$6,999------	3.44	4.78	.16	.54	.26	5.28	.49	3.79	1.47	2.20
$7,000-$9,999------	3.53	4.78	.18	.51	.23	5.55	.49	4.10	1.74	2.37
$10,000 and over---	3.56	5.09	.18	.51	.22	5.79	.54	4.81	2.22	2.74
Rural nonfarm 6/-----	3.50	4.26	.13	.57	.34	5.36	.39	3.50	1.25	2.14
Under $3,000-------	2.85	3.59	.07	.58	.45	4.66	.45	2.57	.74	1.64
$3,000-$4,999------	3.70	4.26	.17	.59	.41	5.40	.38	3.06	.94	1.95
$5,000-$6,999------	3.90	4.29	.12	.58	.28	5.55	.37	3.53	1.26	2.16
$7,000-$9,999------	3.80	4.64	.16	.55	.28	5.55	.34	4.02	1.61	2.41
$10,000 and over---	3.83	4.90	.13	.55	.26	5.79	.43	5.35	2.29	2.91
Rural farm 6/--------	3.99	4.61	.07	.66	.36	5.67	.40	3.27	1.04	2.15
Under $3,000-------	3.81	4.12	.04	.62	.40	5.10	.40	2.51	.66	1.79
$3,000-$4,999------	4.00	4.45	.05	.66	.38	5.74	.36	3.28	.97	2.18
$5,000-$6,999------	4.16	4.98	.09	.67	.35	5.92	.38	3.60	1.17	2.34
$7,000-$9,999------	3.95	5.15	.13	.71	.32	6.38	.44	4.23	1.56	2.59
$10,000 and over---	4.41	5.12	.08	.70	.25	5.88	.45	3.90	1.63	2.28
Northeast:										
All urbanizations----	3.28	4.62	.14	.49	.22	5.42	.52	4.19	1.78	2.35
Urban----------	3.13	4.80	.15	.49	.21	5.44	.59	4.27	1.90	2.33
Rural nonfarm--------	3.74	4.11	.12	.50	.24	5.30	.31	3.96	1.38	2.42
Rural farm----------	4.16	4.34	.09	.56	.27	6.04	.38	3.82	1.36	2.42
North Central:										
All urbanizations----	3.38	4.68	.15	.55	.27	5.40	.40	3.76	1.42	2.28
Urban----------	3.31	4.71	.16	.52	.25	5.21	.43	3.73	1.43	2.23
Rural nonfarm--------	3.39	4.50	.16	.57	.32	5.69	.34	3.84	1.48	2.27
Rural farm----------	3.89	4.88	.07	.71	.30	6.02	.36	3.83	1.18	2.56
South:										
All urbanizations----	3.28	4.47	.12	.61	.37	5.27	.50	3.20	1.19	1.92
Urban----------	3.10	4.65	.14	.61	.33	5.30	.53	3.43	1.36	2.00
Rural nonfarm--------	3.42	4.21	.10	.61	.42	5.22	.47	3.02	1.02	1.88
Rural farm----------	4.07	4.28	.05	.61	.43	5.25	.44	2.54	.82	1.64
West:										
All urbanizations----	3.13	4.57	.18	.58	.28	5.33	.51	4.01	1.59	2.30
Urban----------	3.05	4.59	.18	.57	.27	5.33	.53	4.07	1.66	2.30
Rural nonfarm--------	3.65	4.13	.22	.59	.35	5.08	.38	3.52	1.20	2.22
Rural farm----------	3.96	5.40	.14	.76	.31	5.95	.39	4.05	1.29	2.69

See footnotes at end of tables.

Table 1.--Quantity of food used at home per person per week--Continued

Region, urbanization, 1964 money income after taxes	Milk, cream, cheese 7/	Grain products (flour equivalent)		Fats, oils	Sugar, sirup, jelly, candy	Soft drinks, prepared desserts (sugar equivalent) 8/		Whisky, beer wine
		Total	Enriched, whole grain			Vitamin C added	No vitamin C added	
(1)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)
	Qt.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.
United States:								
All urbanizations 6/-	4.08	2.65	2.08	0.83	1.12	0.05	0.20	0.68
Under $3,000-------	3.62	3.20	2.70	.86	1.25	.03	.14	.22
$3,000-$4,999------	3.78	2.84	2.32	.85	1.25	.03	.18	.38
$5,000-$6,999------	4.17	2.54	1.97	.83	1.09	.05	.21	.81
$7,000-$9,999------	4.35	2.49	1.87	.82	1.08	.06	.23	.94
$10,000 and over---	4.48	2.30	1.65	.78	.96	.07	.25	.97
Urban 6/----------	4.05	2.46	1.87	.79	1.00	.05	.21	.81
Under $3,000-------	3.56	2.74	2.20	.80	1.07	.03	.15	.34
$3,000-$4,999------	3.62	2.59	2.08	.79	1.12	.04	.17	.47
$5,000-$6,999------	4.15	2.44	1.85	.80	.99	.05	.22	.97
$7,000-$9,999------	4.27	2.43	1.80	.79	1.00	.05	.24	.98
$10,000 and over---	4.48	2.24	1.58	.76	.88	.07	.25	1.09
Rural nonfarm 6/-----	4.12	2.94	2.40	.90	1.30	.04	.18	.45
Under $3,000-------	3.58	3.69	3.22	.93	1.40	.02	.11	.07
$3,000-$4,999------	4.03	3.10	2.55	.94	1.37	.03	.18	.26
$5,000-$6,999------	4.14	2.70	2.16	.87	1.24	.05	.19	.49
$7,000-$9,999------	4.58	2.58	1.98	.89	1.25	.06	.20	.89
$10,000 and over---	4.52	2.47	1.77	.84	1.17	.08	.26	.60
Rural farm 6/--------	4.20	3.44	2.97	.96	1.66	.04	.16	.20
Under $3,000-------	3.92	3.90	3.49	.94	1.64	.03	.12	.07
$3,000-$4,999------	4.09	3.68	3.19	.98	1.81	.03	.16	.17
$5,000-$6,999------	4.44	3.12	2.57	.96	1.66	.05	.20	.24
$7,000-$9,999------	4.70	3.15	2.59	1.04	1.60	.06	.18	.41
$10,000 and over---	4.43	2.72	2.27	.97	1.50	.05	.16	.41
Northeast:								
All urbanizations----	4.27	2.45	1.78	.76	.97	.06	.21	1.00
Urban----------	4.22	2.40	1.72	.74	.89	.06	.23	1.11
Rural nonfarm--------	4.39	2.55	1.92	.80	1.16	.06	.17	.72
Rural farm----------	4.49	2.83	2.30	.89	1.59	.04	.11	.36
North Central:								
All urbanizations----	4.20	2.43	1.86	.78	1.08	.05	.21	.70
Urban----------	4.05	2.28	1.70	.74	.93	.05	.23	.84
Rural nonfarm--------	4.46	2.61	2.05	.84	1.25	.05	.18	.50
Rural farm----------	4.59	3.04	2.51	.91	1.67	.06	.17	.26
South:								
All urbanizations----	3.74	3.09	2.60	.95	1.33	.03	.19	.38
Urban----------	3.73	2.72	2.22	.90	1.21	.04	.20	.50
Rural nonfarm--------	3.76	3.43	2.93	1.01	1.43	.02	.18	.26
Rural farm----------	3.76	4.02	3.62	1.03	1.69	.02	.16	.07
West:								
All urbanizations----	4.23	2.48	1.90	.78	1.01	.05	.18	.76
Urban----------	4.25	2.44	1.85	.76	.97	.04	.18	.80
Rural nonfarm--------	4.02	2.68	2.16	.84	1.13	.06	.18	.53
Rural farm----------	4.44	2.81	2.26	.94	1.45	.08	.15	.56

See footnotes at end of tables.

Table 2.--Money value of food used at home per person per week

Region, urbanization, 1964 money income after taxes	All food	Meat, poultry, fish	Mixtures, mostly meat 2/	Eggs	Dry legumes, nuts	Vegetables		Fruit	
						Total	Dark green, deep yellow	Total	Vitamin C-rich
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Dollars	Dollars	Dollars	Dollars	Dollars	Dollars	Dollars	Dollars	Dollars
United States:									
All urbanizations 6/	8.79	2.88	0.08	0.26	0.12	1.07	0.10	0.65	0.28
Under $3,000	6.93	2.14	.04	.26	.12	.88	.10	.50	.19
$3,000-$4,999	7.74	2.50	.07	.26	.12	.97	.09	.54	.21
$5,000-$6,999	8.78	2.90	.07	.26	.12	1.07	.10	.65	.27
$7,000-$9,999	9.66	3.19	.09	.25	.13	1.16	.10	.74	.33
$10,000 and over	11.02	3.70	.10	.26	.13	1.29	.13	.89	.42
Urban 6/	9.09	3.04	.08	.26	.12	1.08	.11	.68	.30
Under $3,000	7.34	2.33	.06	.28	.11	.91	.12	.53	.23
$3,000-$4,999	7.71	2.54	.08	.27	.11	.94	.11	.54	.23
$5,000-$6,999	8.99	3.03	.08	.26	.12	1.06	.11	.66	.28
$7,000-$9,999	9.75	3.26	.10	.25	.12	1.16	.11	.74	.33
$10,000 and over	11.25	3.81	.11	.26	.13	1.31	.13	.90	.42
Rural nonfarm 6/	8.18	2.53	.06	.25	.14	1.04	.08	.61	.25
Under $3,000	6.31	1.82	.03	.24	.14	.82	.08	.46	.16
$3,000-$4,999	7.76	2.41	.08	.25	.15	1.00	.07	.51	.19
$5,000-$6,999	8.29	2.56	.07	.26	.13	1.08	.08	.62	.26
$7,000-$9,999	9.40	2.98	.08	.25	.15	1.16	.08	.73	.33
$10,000 and over	10.46	3.35	.06	.25	.14	1.26	.11	.90	.44
Rural farm 6/	7.98	2.56	.03	.25	.14	1.06	.08	.60	.22
Under $3,000	6.78	2.08	.02	.24	.12	.94	.07	.47	.14
$3,000-$4,999	7.86	2.45	.02	.26	.14	1.04	.07	.60	.22
$5,000-$6,999	8.62	2.84	.04	.26	.14	1.14	.08	.66	.24
$7,000-$9,999	9.39	3.03	.06	.27	.16	1.21	.09	.78	.33
$10,000 and over	9.11	3.12	.05	.27	.13	1.12	.08	.72	.32
Northeast:									
All urbanizations	9.77	3.30	.08	.26	.11	1.10	.12	.74	.34
Urban	10.12	3.48	.08	.27	.10	1.14	.14	.76	.36
Rural nonfarm	8.86	2.82	.08	.24	.12	1.02	.07	.66	.27
Rural farm	8.63	2.70	.04	.26	.13	1.03	.08	.72	.30
North Central:									
All urbanizations	8.67	2.87	.07	.23	.12	1.07	.08	.65	.27
Urban	8.72	2.96	.08	.23	.11	1.04	.09	.63	.27
Rural nonfarm	8.57	2.69	.07	.23	.15	1.13	.07	.69	.29
Rural farm	8.53	2.79	.03	.24	.13	1.10	.07	.70	.25
South:									
All urbanizations	7.92	2.53	.06	.28	.13	1.02	.10	.53	.22
Urban	8.28	2.73	.08	.28	.13	1.04	.11	.55	.24
Rural nonfarm	7.54	2.29	.05	.27	.14	1.00	.09	.50	.21
Rural farm	7.11	2.20	.02	.25	.14	1.01	.08	.46	.17
West:									
All urbanizations	9.35	2.93	.10	.25	.14	1.13	.11	.80	.33
Urban	9.46	2.99	.10	.25	.14	1.14	.12	.80	.34
Rural nonfarm	8.27	2.39	.12	.25	.14	1.04	.08	.75	.26
Rural farm	9.62	3.29	.07	.31	.15	1.14	.08	.81	.29

See footnotes at end of tables.

Table 2.--Money value of food used at home per person per week--Continued

Region, urbanization, 1964 money income after taxes	Milk, cream, cheese	Grain products		Fats, oils	Sugar, sirup, jelly, candy	Soft drinks, prepared desserts 8/		Whisky, beer, wine	Other 9/
		Total	Enriched, whole grain			Vitamin C added	No vitamin C added		
(1)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)
	Dollars	Dollars	Dollars	Dollars	Dollars	Dollars	Dollars	Dollars	Dollars
United States:									
All urbanizations 6/	1.11	1.09	0.59	0.31	0.27	0.04	0.24	0.33	0.35
Under $3,000-----	.90	.93	.58	.28	.26	.02	.17	.09	.34
$3,000-$4,999-----	.99	1.00	.60	.29	.27	.03	.22	.16	.33
$5,000-$6,999-----	1.13	1.09	.59	.31	.26	.04	.24	.30	.35
$7,000-$9,999-----	1.21	1.20	.61	.33	.28	.04	.26	.42	.36
$10,000 and over--	1.32	1.26	.59	.34	.28	.06	.28	.70	.40
Urban 6/----------	1.12	1.12	.58	.31	.25	.04	.25	.40	.36
Under $3,000------	.91	.98	.57	.27	.23	.03	.19	.14	.36
$3,000-$4,999-----	.95	1.00	.58	.28	.24	.04	.21	.19	.33
$5,000-$6,999-----	1.13	1.10	.58	.31	.24	.04	.25	.36	.35
$7,000-$9,999-----	1.21	1.21	.61	.32	.27	.04	.27	.45	.37
$10,000 and over--	1.33	1.29	.59	.34	.28	.06	.29	.75	.41
Rural nonfarm 6/----	1.08	1.04	.61	.31	.30	.04	.22	.21	.35
Under $3,000------	.84	.89	.60	.27	.28	.02	.14	.03	.33
$3,000-$4,999-----	1.04	1.02	.62	.30	.30	.03	.24	.12	.33
$5,000-$6,999-----	1.11	1.06	.62	.31	.30	.04	.22	.19	.35
$7,000-$9,999-----	1.23	1.14	.60	.34	.32	.05	.26	.34	.37
$10,000 and over--	1.31	1.23	.59	.34	.31	.05	.28	.58	.39
Rural farm 6/-------	1.11	.94	.61	.33	.34	.03	.19	.08	.32
Under $3,000------	1.01	.82	.58	.29	.32	.03	.15	.03	.28
$3,000-$4,999-----	1.09	.97	.63	.33	.36	.02	.19	.06	.33
$5,000-$6,999-----	1.14	1.01	.62	.34	.35	.04	.23	.09	.33
$7,000-$9,999-----	1.26	1.12	.67	.39	.35	.05	.21	.14	.36
$10,000 and over--	1.24	.97	.59	.39	.31	.04	.19	.23	.32
Northeast:									
All urbanizations---	1.25	1.22	.61	.32	.26	.05	.25	.44	.37
Urban-------------	1.27	1.24	.60	.33	.24	.05	.26	.50	.38
Rural nonfarm-------	1.21	1.19	.63	.32	.30	.06	.21	.29	.36
Rural farm----------	1.28	1.08	.66	.34	.38	.03	.14	.18	.32
North Central:									
All urbanizations---	1.09	1.06	.55	.31	.26	.04	.24	.29	.35
Urban-------------	1.06	1.07	.53	.30	.23	.04	.25	.36	.34
Rural nonfarm-------	1.13	1.04	.58	.32	.29	.04	.21	.19	.38
Rural farm----------	1.18	.98	.60	.36	.35	.04	.19	.10	.32
South:									
All urbanizations---	.98	.98	.60	.30	.28	.03	.23	.20	.35
Urban-------------	.99	1.02	.60	.30	.27	.04	.25	.24	.37
Rural nonfarm-------	.97	.96	.61	.31	.31	.02	.22	.17	.34
Rural farm----------	.99	.87	.61	.30	.32	.02	.19	.04	.29
West:									
All urbanizations---	1.18	1.14	.64	.30	.27	.04	.22	.49	.35
Urban-------------	1.18	1.16	.64	.30	.27	.03	.22	.54	.36
Rural nonfarm-------	1.12	1.02	.62	.29	.29	.05	.26	.24	.30
Rural farm----------	1.24	1.11	.67	.36	.38	.05	.17	.18	.36

See footnotes at end of tables.

Table 3.--Nutritive value of food used at home per person 10/ per day

Region, urbanization, 1964 money income after taxes (1)	Food energy (2)	Protein (3)	Fat (4)	Calcium (5)	Iron (6)	Vitamin A value 11/ (7)	Thiamine 11/ (8)	Riboflavin 11/ (9)	Ascorbic acid 11/ (10)
	Cal.	G.	G.	Mg.	Mg.	I.U.	Mg.	Mg.	Mg.
United States:									
All urbanizations 6/-	3,211	105.8	154.3	1,113	19.5	7,330	1.57	2.38	101
Under $3,000-------	3,115	98.1	143.2	1,081	19.3	6,790	1.57	2.24	84
$3,000-$4,999------	3,177	102.4	150.1	1,072	19.4	7,010	1.58	2.30	89
$5,000-$6,999------	3,208	106.7	155.2	1,112	19.5	7,490	1.57	2.41	101
$7,000-$9,999------	3,284	109.5	160.0	1,149	19.4	7,340	1.59	2.43	110
$10,000 and over---	3,303	112.9	162.3	1,177	20.0	8,140	1.59	2.51	128
Urban 6/----------	3,131	105.7	152.0	1,089	19.2	7,700	1.54	2.37	105
Under $3,000-------	2,967	98.1	140.1	1,020	18.6	7,700	1.49	2.24	91
$3,000-$4,999------	3,010	99.4	143.8	1,019	18.8	7,280	1.52	2.23	90
$5,000-$6,999------	3,154	106.9	153.7	1,098	19.5	7,890	1.56	2.43	103
$7,000-$9,999------	3,225	108.6	157.1	1,127	19.2	7,470	1.57	2.41	110
$10,000 and over---	3,262	113.0	160.9	1,172	19.8	8,330	1.58	2.51	128
Rural nonfarm 6/-----	3,308	104.5	156.2	1,153	19.6	6,490	1.61	2.35	95
Under $3,000-------	3,213	95.9	143.0	1,137	19.8	5,700	1.63	2.19	75
$3,000-$4,999------	3,366	105.9	157.7	1,142	20.1	6,610	1.64	2.38	86
$5,000-$6,999------	3,243	104.0	154.9	1,122	18.9	6,440	1.56	2.33	95
$7,000-$9,999------	3,395	110.3	166.0	1,202	19.5	6,780	1.61	2.47	108
$10,000 and over---	3,417	111.2	164.3	1,203	20.6	7,390	1.63	2.49	134
Rural farm 6/--------	3,620	111.3	168.5	1,206	21.4	6,730	1.77	2.52	90
Under $3,000-------	3,487	103.3	156.5	1,196	20.8	5,760	1.77	2.39	73
$3,000-$4,999------	3,699	110.7	169.0	1,212	21.6	6,440	1.81	2.50	88
$5,000-$6,999------	3,682	116.3	174.5	1,219	21.6	7,280	1.74	2.60	98
$7,000-$9,999------	3,845	123.2	184.8	1,279	22.9	7,980	1.83	2.77	109
$10,000 and over---	3,590	115.2	178.1	1,161	20.9	7,660	1.66	2.54	107
Northeast:									
All urbanizations----	3,134	106.1	149.9	1,103	19.1	7,840	1.54	2.42	113
Urban----------	3,118	107.1	150.0	1,095	19.2	8,340	1.55	2.44	117
Rural nonfarm--------	3,155	102.8	148.8	1,121	18.6	6,330	1.53	2.32	101
Rural farm----------	3,449	109.3	160.6	1,163	20.2	7,430	1.63	2.50	101
North Central:									
All urbanizations----	3,202	107.2	155.1	1,102	19.4	7,070	1.57	2.39	99
Urban----------	3,083	104.8	151.2	1,067	18.9	7,080	1.52	2.33	98
Rural nonfarm--------	3,329	109.3	158.1	1,162	19.9	6,970	1.61	2.47	103
Rural farm----------	3,679	117.6	173.3	1,192	21.9	7,240	1.75	2.61	96
South:									
All urbanizations----	3,314	103.3	158.0	1,130	19.8	6,910	1.62	2.33	93
Urban----------	3,212	103.7	155.7	1,088	19.4	7,420	1.57	2.32	99
Rural nonfarm--------	3,407	102.5	160.4	1,174	20.1	6,330	1.65	2.31	87
Rural farm----------	3,582	104.0	162.9	1,226	21.0	5,940	1.81	2.40	79
West:									
All urbanizations----	3,133	108.0	151.6	1,116	19.4	7,910	1.54	2.40	105
Urban----------	3,105	107.9	150.6	1,115	19.2	8,150	1.53	2.40	107
Rural nonfarm--------	3,149	103.8	148.1	1,090	19.5	6,140	1.57	2.25	91
Rural farm----------	3,677	121.8	183.0	1,204	22.2	8,010	1.72	2.69	104

See footnotes at end of tables.

Table 4.--Nutritive value of food used at home per nutrition unit 12/ per day 13/

Region, urbanization, 1964 money income after taxes (1)	Food energy (2)	Protein (3)	Calcium (4)	Iron (5)	Vitamin A value 11/ (6)	Thiamine 11/ (7)	Ribo-flavin 11/ (8)	Ascorbic acid 11/ (9)
	Cal.	G.	Mg.	Mg.	I.U.	Mg.	Mg.	Mg.
United States:								
All urbanizations 6/	4,319	125.1	996	16.0	8,200	2.09	3.03	108
Under $3,000	4,408	115.1	992	16.5	7,430	2.12	2.93	89
$3,000-$4,999	4,328	122.9	972	16.4	8,020	2.13	2.97	97
$5,000-$6,999	4,298	127.9	993	16.0	8,530	2.09	3.08	109
$7,000-$9,999	4,313	128.7	1,010	15.6	8,210	2.08	3.05	117
$10,000 and over	4,289	130.6	1,028	16.0	8,940	2.05	3.12	134
Urban 6/	4,233	125.4	972	15.7	8,620	2.05	3.03	112
Under $3,000	4,311	116.5	932	15.9	8,430	2.05	2.96	96
$3,000-$4,999	4,178	121.4	925	15.7	8,420	2.08	2.93	99
$5,000-$6,999	4,249	128.2	985	16.0	8,980	2.09	3.11	112
$7,000-$9,999	4,245	127.8	992	15.4	8,360	2.06	3.02	117
$10,000 and over	4,229	130.2	1,023	15.8	9,080	2.02	3.11	134
Rural nonfarm 6/	4,425	123.3	1,039	16.3	7,300	2.12	2.99	102
Under $3,000	4,477	111.4	1,055	17.2	6,230	2.18	2.84	80
$3,000-$4,999	4,463	124.7	1,043	17.2	7,500	2.15	3.02	94
$5,000-$6,999	4,296	124.8	991	15.3	7,380	2.07	2.96	103
$7,000-$9,999	4,451	129.9	1,059	15.6	7,620	2.12	3.09	115
$10,000 and over	4,485	132.0	1,052	16.4	8,350	2.15	3.14	143
Rural farm 6/	4,730	128.0	1,075	17.8	7,390	2.28	3.13	94
Under $3,000	4,613	118.5	1,083	17.7	6,290	2.28	3.00	78
$3,000-$4,999	4,837	127.2	1,069	17.9	7,080	2.34	3.12	93
$5,000-$6,999	4,847	136.6	1,099	18.3	8,180	2.29	3.27	105
$7,000-$9,999	4,858	137.7	1,094	18.3	8,530	2.31	3.34	112
$10,000 and over	4,617	132.5	1,031	17.2	8,480	2.13	3.12	112
Northeast:								
All urbanizations	4,230	126.0	990	15.6	8,790	2.06	3.09	120
Urban	4,243	127.7	988	15.8	9,370	2.08	3.14	125
Rural nonfarm	4,162	120.6	989	15.0	7,080	2.00	2.91	108
Rural farm	4,577	127.3	1,061	17.1	8,230	2.13	3.15	107
North Central:								
All urbanizations	4,292	126.6	987	16.1	7,930	2.08	3.04	105
Urban	4,141	124.2	951	15.5	7,960	2.03	2.96	105
Rural nonfarm	4,480	129.2	1,062	16.9	7,840	2.14	3.15	110
Rural farm	4,817	135.4	1,052	18.2	7,970	2.27	3.26	101
South:								
All urbanizations	4,462	121.9	1,014	16.4	7,710	2.14	2.97	100
Urban	4,362	123.0	970	16.0	8,290	2.08	2.97	106
Rural nonfarm	4,568	120.8	1,065	16.8	7,110	2.19	2.94	94
Rural farm	4,663	119.1	1,101	17.5	6,490	2.31	2.98	84
West:								
All urbanizations	4,205	127.6	986	15.8	8,850	2.03	3.05	112
Urban	4,170	127.3	987	15.7	9,080	2.01	3.05	114
Rural nonfarm	4,252	124.7	960	16.1	7,030	2.08	2.89	99
Rural farm	4,796	141.1	1,061	18.2	8,940	2.24	3.34	110

See footnotes at end of tables.

Table 5.--Contribution of foods to nutritive value of diets in the United States: All urbanizations and urban

Urbanization and food group (1)	Money value (2)	Food energy (3)	Protein (4)	Fat (5)	Calcium (6)	Iron (7)	Vitamin A value 11/ (8)	Thiamine 11/ (9)	Riboflavin 11/ (10)	Ascorbic acid 11/ (11)
All Urbanizations	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All food 14/	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	12.6	12.7	20.2	14.5	60.4	1.4	12.5	10.3	38.2	5.3
Meat, poultry, fish	32.7	22.3	41.6	37.7	3.0	30.7	15.7	23.0	23.0	.7
Mixtures, mostly meat	.9	.3	.8	.3	.1	.5	.5	.4	.4	.1
Eggs	2.9	2.4	5.8	3.5	2.3	5.6	7.6	2.7	5.6	.0
Dry legumes, nuts	1.4	2.7	4.0	2.9	1.7	4.6	.2	3.2	1.1	.2
All vegetables	12.2	5.7	5.5	1.9	6.4	13.0	42.5	12.4	6.7	40.9
Dark green, deep yellow	1.2	.4	.5	*	1.8	1.7	27.0	1.1	1.2	7.0
All fruit	7.4	3.8	1.2	.3	2.6	5.0	7.3	6.4	2.6	47.0
Vitamin C-rich	3.2	1.4	.6	*	1.6	1.7	3.7	4.2	1.1	41.1
Grain products	12.3	25.6	19.7	8.9	17.2	31.1	1.4	39.9	18.8	.9
Enriched or whole grain	6.7	17.1	15.0	3.2	13.1	27.0	.2	36.6	16.1	.5
Fats, oils	3.5	12.4	.3	28.8	.6	.2	11.0	*	.1	*
Sugar, sirup, jelly, candy	3.1	8.3	.5	1.0	1.8	2.9	*	.7	.8	.3
Soft drinks, prepared desserts 8/	3.1	2.1	.3	*	.4	.2	.7	.2	*	4.6
Vitamin C added	.4	.4	*	*	.3	.1	.7	.2	*	4.3
No vitamin C added	2.7	1.7	.3	*	.1	.1	*	*	*	.3
Whisky, beer, wine	3.7	.9	.1	.0	.2	*	.0	*	.5	.0
Other 15/	4.1	.8	.1	.1	3.1	4.7	.3	.6	2.0	.0
Urban										
All food 14/	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	12.3	13.0	20.2	14.6	61.3	1.5	11.8	10.5	38.0	5.1
Meat, poultry, fish	33.4	23.2	43.0	38.6	3.1	32.0	17.1	24.0	24.2	.7
Mixtures, mostly meat	.9	.5	.9	.4	.2	.7	.5	.5	.4	.2
Eggs	2.9	2.4	5.6	3.5	2.3	5.5	7.1	2.7	5.5	.0
Dry legumes, nuts	1.3	2.5	3.6	2.8	1.6	4.1	.2	2.9	1.0	.2
All vegetables	11.9	5.7	5.4	2.0	6.6	13.3	42.9	12.5	6.8	39.7
Dark green, deep yellow	1.2	.4	.6	*	1.8	1.9	27.6	1.3	1.2	7.3
All fruit	7.4	4.0	1.3	.3	2.7	5.2	7.4	7.0	2.7	48.3
Vitamin C-rich	3.3	1.5	.6	*	1.8	1.8	3.9	4.8	1.1	42.6
Grain products	12.3	25.1	18.7	9.1	16.1	29.8	1.5	38.1	17.7	.9
Enriched or whole grain	6.4	16.0	13.8	3.1	11.7	25.5	.2	34.6	14.9	.5
Fats, oils	3.4	12.0	.3	27.6	.6	.2	10.4	*	.1	*
Sugar, sirup, jelly, candy	2.8	7.6	.5	1.0	1.7	2.5	*	.7	.8	.3
Soft drinks, prepared desserts 8/	3.1	2.3	.3	*	.4	.2	.7	.2	*	4.6
Vitamin C added	.4	.4	*	*	.3	.1	.7	.2	*	4.3
No vitamin C added	2.7	1.9	.3	*	.1	.1	*	*	*	.3
Whisky, beer, wine	4.3	1.1	.1	.0	.2	*	.0	*	.6	.0
Other 15/	4.0	.8	.1	*	3.0	5.0	.4	.7	2.0	.0

*Less than 0.05.
See footnotes at end of table.

Table 6.--Contribution of foods to nutritive value of diets in the United States: Rural nonfarm and rural farm

Urbanization and food group (1)	Money value (2)	Food energy (3)	Protein (4)	Fat (5)	Calcium (6)	Iron (7)	Vitamin A value 11/ (8)	Thiamine 11/ (9)	Riboflavin 11/ (10)	Ascorbic acid 11/ (11)
Rural nonfarm	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All food 14/	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	13.2	12.3	20.6	14.0	59.0	1.3	13.7	10.1	38.9	5.5
Meat, poultry, fish	30.9	20.6	38.6	35.7	2.8	27.9	12.0	21.0	20.5	.5
Mixtures mostly meat	.8	.3	.7	.3	.1	.4	.5	.3	.3	*
Eggs	3.1	2.4	5.9	3.5	2.2	5.6	8.7	2.7	5.8	.0
Dry legumes, nuts	1.7	3.0	4.7	3.2	2.0	5.6	.3	3.7	1.4	.2
All vegetables	12.7	5.7	5.6	1.8	6.1	12.7	42.0	12.1	6.6	42.9
Dark green, deep yellow	1.0	.2	.4	*	1.5	1.4	25.4	.8	.9	6.1
All fruit	7.4	3.5	1.1	.3	2.4	4.7	7.4	5.6	2.6	44.7
Vitamin C-rich	3.1	1.2	.5	*	1.4	1.7	3.4	3.6	1.0	38.6
Grain products	12.7	26.7	21.4	8.7	19.1	33.4	1.5	42.8	20.7	.8
Enriched or whole grain	7.4	18.8	17.0	3.4	15.3	29.6	.3	39.8	18.2	.4
Fats, oils	3.8	13.2	.3	31.2	.6	.2	12.8	*	.1	*
Sugar, sirup, jelly, candy	3.7	9.3	.5	1.1	1.9	3.4	.1	.8	.9	.3
Soft drinks, prepared desserts 8/	3.1	1.8	.2	*	.4	.1	.7	.2	*	4.8
Vitamin C added	.4	.3	*	*	.3	.1	.7	.2	*	4.5
No vitamin C added	2.7	1.5	.2	*	.1	*	*	*	*	.3
Whisky, beer, wine	2.6	.5	*	.0	.1	*	.0	*	.4	.0
Other 15/	4.3	.8	.2	.1	3.3	4.5	.2	.4	1.8	.0
Rural farm										
All food 14/	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	13.9	12.0	19.6	14.6	57.4	1.0	14.8	9.5	37.5	6.1
Meat, poultry, fish	32.1	20.7	38.7	37.0	2.9	27.9	13.1	21.1	20.6	.6
Mixtures mostly meat	.4	.2	.4	.1	*	.2	.3	.1	.1	*
Eggs	3.2	2.5	6.5	3.8	2.5	6.0	9.8	2.9	6.3	.0
Dry legumes, nuts	1.7	2.8	4.6	2.7	2.0	5.7	.2	3.8	1.4	.2
All vegetables	13.3	5.5	5.6	1.4	6.0	12.2	40.2	11.6	6.4	46.9
Dark green, deep yellow	1.0	.2	.4	*	1.5	1.4	25.1	.8	.9	6.3
All fruit	7.5	3.2	1.0	.2	2.3	4.3	7.0	4.4	2.4	41.2
Vitamin C-rich	2.7	.9	.3	*	1.1	1.4	2.6	2.5	.9	33.8
Grain products	11.9	26.9	22.3	7.3	20.2	34.2	1.3	45.0	22.2	.6
Enriched or whole grain	7.7	20.7	18.9	3.2	17.1	31.4	.4	42.8	20.3	.4
Fats, oils	4.2	13.3	.2	31.7	.5	.1	12.6	*	.1	*
Sugar, sirup, jelly, candy	4.2	10.7	.5	.9	2.2	4.3	.1	.8	.9	.5
Soft drinks, prepared desserts 8/	2.7	1.5	.2	*	.2	*	.5	.1	*	3.8
Vitamin C added	.4	.3	*	*	.2	*	.5	.1	*	3.7
No vitamin C added	2.3	1.2	.2	*	*	*	*	*	*	.1
Whisky, beer, wine	1.0	.2	*	.0	*	*	.0	*	.2	.0
Other 15/	4.0	.7	.2	.1	3.6	3.7	.1	.4	1.7	.0

*Less than 0.05.
See footnotes at end of tables.

Table 7.--Food energy: Household diets providing specified amounts per nutrition unit per day

Region, urbanization, 1964 money income after taxes	Food energy, in calories						
	All households 14/	Under 1,933	1,933-2,899	2,900-3,899	3,900-4,899	4,900-5,899	5,900 and over
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	Percent	Percent	Percent	Percent	Percent	Percent	Percent
United States:							
All urbanizations 6/----	100	1	10	26	28	17	18
Under $3,000----------	100	2	12	23	22	17	24
$3,000-$4,999---------	100	1	11	25	29	17	17
$5,000-$6,999---------	100	1	11	27	28	17	16
$7,000-$9,999---------	100	1	7	29	31	18	14
$10,000 and over------	100	*	10	27	31	17	14
Urban 6/----------	100	2	11	27	28	16	16
Under $3,000----------	100	3	13	24	22	17	22
$3,000-$4,999---------	100	2	12	28	28	14	16
$5,000-$6,999---------	100	2	11	28	27	18	15
$7,000-$9,999---------	100	1	8	30	31	17	13
$10,000 and over------	100	1	11	28	31	17	12
Rural nonfarm 6/--------	100	1	9	24	28	18	21
Under $3,000----------	100	1	9	22	21	18	28
$3,000-$4,999---------	100	*	9	22	30	21	17
$5,000-$6,999---------	100	1	10	26	32	16	15
$7,000-$9,999---------	100	*	6	25	30	20	18
$10,000 and over------	100	0	7	28	31	14	20
Rural farm 6/----------	100	1	6	19	26	20	27
Under $3,000----------	100	2	10	18	21	19	31
$3,000-$4,999---------	100	*	5	16	29	22	27
$5,000-$6,999---------	100	0	4	19	27	22	28
$7,000-$9,999---------	100	0	4	20	26	22	27
$10,000 and over------	100	0	3	21	36	20	19
Northeast:							
All urbanizations-------	100	2	11	28	29	14	16
Urban-------------------	100	2	11	28	28	14	16
Rural nonfarm-----------	100	1	11	31	30	14	13
Rural farm--------------	100	1	7	16	38	16	22
North Central:							
All urbanizations-------	100	2	11	26	28	18	16
Urban-------------------	100	2	12	29	28	17	12
Rural nonfarm-----------	100	1	9	21	30	18	22
Rural farm--------------	100	*	5	20	26	20	28
South:							
All urbanizations-------	100	1	8	24	26	19	22
Urban-------------------	100	1	9	26	26	18	20
Rural nonfarm-----------	100	*	7	22	25	20	25
Rural farm--------------	100	1	7	18	26	20	28
West:							
All urbanizations-------	100	2	12	28	29	18	13
Urban-------------------	100	2	12	28	28	17	13
Rural nonfarm-----------	100	1	9	26	30	24	10
Rural farm--------------	100	0	8	23	25	24	20

Two-thirds NRC allowance

NRC allowance

*0.5 or less.

See footnotes at end of tables.

Table 8.--Protein: Household diets providing specified amounts per nutrition unit per day

Region, urbanization, 1964 money income after taxes (1)	Protein, in grams						
	All households 14/ (2)	Under 46.7 (3)	46.7-69.9 (4)	70.0-99.9 (5)	100.0-119.9 (6)	120.0-149.9 (7)	150.0 and over (8)
	Percent	Percent	Percent	Percent	Percent	Percent	Percent
United States:							
All urbanizations 6/----	100	1	4	21	22	26	26
Under $3,000----------	100	2	9	26	20	20	21
$3,000-$4,999---------	100	1	4	22	22	26	25
$5,000-$6,999---------	100	*	3	19	23	27	28
$7,000-$9,999---------	100	*	2	17	24	29	28
$10,000 and over------	100	0	2	18	21	30	30
Unban 6/----------	100	1	4	21	22	26	26
Under $3,000----------	100	3	10	27	19	20	22
$3,000-$4,999---------	100	1	4	23	22	25	24
$5,000-$6,999---------	100	1	3	19	22	27	28
$7,000-$9,999---------	100	*	2	17	25	29	27
$10,000 and over------	100	0	2	19	20	30	29
Rural nonfarm 6/--------	100	1	4	21	23	26	25
Under $3,000----------	100	2	9	27	23	20	19
$3,000-$4,999---------	100	*	4	23	21	26	26
$5,000-$6,999---------	100	0	3	20	26	28	24
$7,000-$9,999---------	100	0	2	17	21	30	30
$10,000 and over------	100	0	1	12	30	26	31
Rural farm 6/----------	100	1	4	16	21	28	30
Under $3,000----------	100	2	8	21	18	23	28
$3,000-$4,999---------	100	*	4	16	23	30	26
$5,000-$6,999---------	100	*	2	10	22	28	38
$7,000-$9,999---------	100	0	2	14	17	28	39
$10,000 and over------	100	0	1	13	22	35	29
Northeast:							
All urbanizations-------	100	1	4	21	23	24	27
Urban-------------------	100	1	4	20	21	25	28
Rural nonfarm-----------	100	1	3	24	28	23	21
Rural farm--------------	100	1	4	16	23	29	27
North Central:							
All urbanizations-------	100	1	4	22	22	26	26
Urban-------------------	100	1	4	23	22	26	24
Rural nonfarm-----------	100	*	3	22	22	25	28
Rural farm--------------	100	*	2	14	22	28	34
South:							
All urbanizations-------	100	1	5	21	22	26	24
Urban-------------------	100	1	5	21	22	26	24
Rural nonfarm-----------	100	1	6	20	23	26	24
Rural farm--------------	100	1	7	18	20	28	25
West:							
All urbanizations-------	100	1	4	18	21	28	28
Urban-------------------	100	1	4	18	22	27	28
Rural nonfarm-----------	100	0	4	20	18	33	25
Rural farm--------------	100	0	4	15	19	21	41

Two-thirds NRC allowance — NRC allowance

*0.5 or less.

See footnotes at end of tables.

Table 9.--Calcium: Household diets providing specified amounts per nutrition unit per day

Region, urbanization, 1964 money income after taxes (1)	Calcium, in milligrams						
	All households 14/ (2)	Under 533 (3)	533-799 (4)	800-999 (5)	1,000-1,199 (6)	1,200-1,399 (7)	1,400 and over (8)
	Percent	Percent	Percent	Percent	Percent	Percent	Percent
United States:							
All urbanizations 6/----	100	8	22	21	18	12	18
Under $3,000----------	100	12	23	18	15	10	22
$3,000-$4,999---------	100	9	26	18	17	12	18
$5,000-$6,999---------	100	6	22	22	21	12	17
$7,000-$9,999---------	100	5	21	22	20	14	18
$10,000 and over------	100	4	20	24	19	15	18
Urban 6/----------	100	8	24	21	19	12	17
Under $3,000----------	100	14	24	19	16	9	18
$3,000-$4,999---------	100	10	28	18	17	12	16
$5,000-$6,999---------	100	6	23	22	22	11	16
$7,000-$9,999---------	100	5	22	22	21	13	16
$10,000 and over------	100	4	21	24	19	14	18
Rural nonfarm 6/--------	100	6	20	20	18	14	22
Under $3,000----------	100	10	22	17	15	10	27
$3,000-$4,999---------	100	6	25	18	16	14	21
$5,000-$6,999---------	100	7	20	23	20	12	17
$7,000-$9,999---------	100	3	16	22	20	17	21
$10,000 and over------	100	1	18	27	16	23	16
Rural farm 6/----------	100	7	18	18	17	13	28
Under $3,000----------	100	9	19	14	14	12	32
$3,000-$4,999---------	100	6	19	20	17	12	27
$5,000-$6,999---------	100	6	15	18	18	14	28
$7,000-$9,999---------	100	5	18	20	16	14	28
$10,000 and over------	100	5	13	24	24	14	20
Northeast:							
All urbanizations-------	100	7	24	22	20	12	16
Urban-------------------	100	7	24	21	20	12	16
Rural nonfarm-----------	100	6	21	26	18	13	16
Rural farm--------------	100	2	20	19	22	11	26
North Central:							
All urbanizations-------	100	8	23	23	17	12	17
Urban-------------------	100	9	24	24	16	12	14
Rural nonfarm-----------	100	5	19	21	19	13	22
Rural farm--------------	100	7	18	20	16	12	27
South:							
All urbanizations-------	100	8	22	19	18	12	22
Urban-------------------	100	9	23	20	19	11	19
Rural nonfarm-----------	100	8	20	18	16	14	25
Rural farm--------------	100	7	18	15	16	14	29
West:							
All urbanizations-------	100	8	23	19	20	12	18
Urban-------------------	100	9	22	20	20	11	18
Rural nonfarm-----------	100	7	29	15	22	16	11
Rural farm--------------	100	5	19	20	20	9	26

Two-thirds NRC allowance

NRC allowance

See footnotes at end of tables.

Table 10.--Iron: Household diets providing specified amounts per nutrition unit per day

Region, urbanization, 1964 money income after taxes	Iron, in milligrams						
	All households 14/	Under 6.7	6.7-9.9	10.0-13.9	14.0-17.9	18.0-21.9	22.0 and over
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	Percent	Percent	Percent	Percent	Percent	Percent	Percent
United States:							
All urbanizations 6/----	100	2	8	26	28	17	20
Under $3,000----------	100	3	9	23	24	16	25
$3,000-$4,999---------	100	2	8	25	28	19	18
$5,000-$6,999---------	100	2	8	26	29	16	19
$7,000-$9,999---------	100	1	8	28	30	18	15
$10,000 and over------	100	1	7	29	29	15	18
Urban 6/----------	100	2	8	27	28	16	18
Under $3,000----------	100	3	10	24	25	15	22
$3,000-$4,999---------	100	2	8	26	28	19	16
$5,000-$6,999---------	100	2	8	26	30	16	19
$7,000-$9,999---------	100	1	8	29	30	18	14
$10,000 and over------	100	1	8	29	29	14	18
Rural nonfarm 6/--------	100	1	8	25	27	17	22
Under $3,000----------	100	1	7	22	23	17	30
$3,000-$4,999---------	100	1	9	22	29	18	21
$5,000-$6,999---------	100	*	11	30	27	15	16
$7,000-$9,999---------	100	*	6	28	32	19	15
$10,000 and over------	100	1	6	27	30	18	18
Rural farm 6/----------	100	1	4	21	25	20	29
Under $3,000----------	100	2	6	19	22	18	33
$3,000-$4,999---------	100	1	3	20	26	22	29
$5,000-$6,999---------	100	1	4	19	25	25	27
$7,000-$9,999---------	100	0	3	21	24	23	29
$10,000 and over------	100	0	2	27	28	20	22
Northeast:							
All urbanizations-------	100	2	9	28	27	16	18
Urban-------------------	100	2	8	28	27	16	18
Rural nonfarm-----------	100	1	10	31	30	14	14
Rural farm--------------	100	2	3	31	21	18	25
North Central:							
All urbanizations-------	100	1	9	26	27	17	20
Urban-------------------	100	1	10	27	28	16	17
Rural nonfarm-----------	100	1	8	25	25	16	25
Rural farm--------------	100	*	3	20	27	20	30
South:							
All urbanizations-------	100	1	8	25	27	19	21
Urban-------------------	100	1	8	26	28	18	19
Rural nonfarm-----------	100	*	8	23	26	20	24
Rural farm--------------	100	2	5	21	23	21	29
West:							
All urbanizations-------	100	2	7	26	32	15	18
Urban-------------------	100	2	7	26	32	15	18
Rural nonfarm-----------	100	0	6	25	36	17	17
Rural farm--------------	100	0	7	16	28	23	27

Two-thirds NRC allowance | NRC allowance

*0.5 or less.

See footnotes at end of tables.

Table 11.--Vitamin A value: Household diets providing specified amounts per nutrition unit per day

Region, urbanization, 1964 money income after taxes (1)	Vitamin A value, in international units						
	All households 14/ (2)	Under 3,333 (3)	3,333-4,999 (4)	5,000-7,499 (5)	7,500-9,999 (6)	10,000-14,999 (7)	15,000 and over (8)
	Percent	Percent	Percent	Percent	Percent	Percent	Percent
United States:							
All urbanizations 6/----	100	10	16	28	19	16	11
Under $3,000----------	100	18	18	24	15	14	11
$3,000-$4,999---------	100	10	16	29	17	16	11
$5,000-$6,999---------	100	7	17	28	20	17	11
$7,000-$9,999---------	100	5	15	31	22	17	10
$10,000 and over------	100	4	14	29	24	18	12
Urban 6/----------	100	9	16	28	19	18	12
Under $3,000----------	100	16	18	23	14	16	13
$3,000-$4,999---------	100	10	15	28	16	18	12
$5,000-$6,999---------	100	7	16	26	20	18	12
$7,000-$9,999---------	100	6	15	32	21	17	10
$10,000 and over------	100	4	13	30	23	18	13
Rural nonfarm 6/--------	100	12	17	30	19	13	8
Under $3,000----------	100	23	16	28	15	10	8
$3,000-$4,999---------	100	12	18	32	18	11	9
$5,000-$6,999---------	100	7	20	33	19	14	7
$7,000-$9,999---------	100	4	16	31	25	16	7
$10,000 and over------	100	3	14	29	26	18	10
Rural farm 6/----------	100	12	18	29	19	14	8
Under $3,000----------	100	22	21	26	15	12	5
$3,000-$4,999---------	100	11	21	29	20	13	6
$5,000-$6,999---------	100	5	16	32	21	16	9
$7,000-$9,999---------	100	4	17	28	19	23	8
$10,000 and over------	100	4	12	29	25	18	12
Northeast:							
All urbanizations-------	100	8	16	26	19	18	13
Urban-------------------	100	8	14	25	19	20	14
Rural nonfarm-----------	100	8	22	31	19	12	7
Rural farm--------------	100	6	17	26	23	19	10
North Central:							
All urbanizations-------	100	9	18	31	18	13	10
Urban-------------------	100	10	19	30	19	13	10
Rural nonfarm-----------	100	7	18	33	17	14	10
Rural farm--------------	100	6	18	32	20	15	8
South:							
All urbanizations-------	100	13	15	27	19	15	10
Urban-------------------	100	11	15	28	18	17	12
Rural nonfarm-----------	100	17	14	27	20	13	9
Rural farm--------------	100	19	20	25	17	12	6
West:							
All urbanizations-------	100	6	15	29	19	21	10
Urban-------------------	100	6	14	28	19	22	11
Rural nonfarm-----------	100	8	20	34	20	16	2
Rural farm--------------	100	5	13	33	17	22	10

Two-thirds NRC allowance

NRC allowance

See footnotes at end of tables.

Table 12.--Thiamine: Household diets providing specified amounts per nutrition unit per day

Region, urbanization, 1964 money income after taxes	Thiamine, in milligrams						
	All households 14/	Under 0.80	0.80-1.19	1.20-1.79	1.80-2.39	2.40-2.79	2.80 and over
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	Percent	Percent	Percent	Percent	Percent	Percent	Percent
United States:							
All urbanizations 6/----	100	1	7	28	32	13	19
Under $3,000----------	100	2	8	27	28	13	22
$3,000-$4,999---------	100	1	7	26	31	14	20
$5,000-$6,999---------	100	1	7	27	33	14	18
$7,000-$9,999---------	100	1	5	28	36	13	18
$10,000 and over------	100	1	5	32	34	13	15
Urban 6/----------	100	2	7	29	32	13	17
Under $3,000----------	100	2	9	29	28	13	18
$3,000-$4,999---------	100	2	8	28	30	14	19
$5,000-$6,999---------	100	1	7	27	34	13	18
$7,000-$9,999---------	100	1	5	29	36	13	16
$10,000 and over------	100	1	6	34	33	13	14
Rural nonfarm 6/--------	100	1	6	26	32	14	22
Under $3,000----------	100	2	7	25	27	12	28
$3,000-$4,999---------	100	*	6	25	33	16	20
$5,000-$6,999---------	100	1	6	29	32	14	18
$7,000-$9,999---------	100	0	6	25	35	14	20
$10,000 and over------	100	0	2	26	41	12	18
Rural farm 6/----------	100	1	3	21	32	15	28
Under $3,000----------	100	1	4	20	28	15	31
$3,000-$4,999---------	100	1	2	20	33	14	29
$5,000-$6,999---------	100	1	4	18	32	18	27
$7,000-$9,999---------	100	0	3	20	34	14	30
$10,000 and over------	100	1	2	25	40	16	17
Northeast:							
All urbanizations-------	100	2	7	30	32	12	17
Urban-------------------	100	2	8	30	31	12	18
Rural nonfarm-----------	100	1	7	31	35	13	13
Rural farm--------------	100	0	7	23	35	14	21
North Central:							
All urbanizations-------	100	1	7	28	33	13	17
Urban-------------------	100	1	8	29	34	13	14
Rural nonfarm-----------	100	1	6	27	32	12	23
Rural farm--------------	100	*	2	23	34	16	25
South:							
All urbanizations-------	100	1	6	25	32	14	23
Urban-------------------	100	1	6	27	33	13	20
Rural nonfarm-----------	100	1	5	22	30	15	27
Rural farm--------------	100	1	4	18	29	15	32
West:							
All urbanizations-------	100	2	8	32	30	14	15
Urban-------------------	100	2	7	33	30	14	15
Rural nonfarm-----------	100	0	9	27	33	17	15
Rural farm--------------	100	1	3	23	35	14	24

Two-thirds NRC allowance | NRC allowance

*0.5 or less.

See footnotes at end of tables.

Table 13.--Riboflavin: Household diets providing specified amounts per nutrition unit per day

Region, urbanization, 1964 money income after taxes	Riboflavin, in milligrams						
	All households 14/	Under 1.13	1.13-1.69	1.70-2.49	2.50-2.89	2.90-3.29	3.30 and over
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	Percent	Percent	Percent	Percent	Percent	Percent	Percent
United States:							
All urbanizations 6/----	100	1	5	19	15	15	44
Under $3,000----------	100	2	8	23	12	13	42
$3,000-$4,999---------	100	1	5	21	16	13	44
$5,000-$6,999---------	100	1	4	18	15	17	46
$7,000-$9,999---------	100	*	3	17	17	18	45
$10,000 and over------	100	*	3	19	15	17	45
Urban 6/----------	100	1	6	20	15	15	44
Under $3,000----------	100	2	10	22	12	13	42
$3,000-$4,999---------	100	1	6	22	16	13	42
$5,000-$6,999---------	100	1	4	19	14	16	46
$7,000-$9,999---------	100	*	3	18	18	17	44
$10,000 and over------	100	*	3	20	15	16	45
Rural nonfarm 6/--------	100	1	5	19	16	15	44
Under $3,000----------	100	2	7	25	12	13	41
$3,000-$4,999---------	100	*	5	18	18	13	45
$5,000-$6,999---------	100	*	6	17	17	19	41
$7,000-$9,999---------	100	0	3	14	16	18	48
$10,000 and over------	100	0	2	14	15	20	48
Rural farm 6/----------	100	1	4	17	13	14	52
Under $3,000----------	100	2	6	21	12	10	49
$3,000-$4,999---------	100	*	4	19	11	14	52
$5,000-$6,999---------	100	1	3	12	12	15	57
$7,000-$9,999---------	100	1	1	12	15	14	58
$10,000 and over------	100	0	2	10	16	24	47
Northeast:							
All urbanizations-------	100	1	4	19	15	17	44
Urban-------------------	100	1	4	19	14	15	46
Rural nonfarm-----------	100	1	5	19	18	22	36
Rural farm--------------	100	0	2	15	16	16	50
North Central:							
All urbanizations-------	100	1	5	20	15	15	45
Urban-------------------	100	1	6	21	15	15	42
Rural nonfarm-----------	100	*	3	17	17	13	49
Rural farm--------------	100	*	2	17	12	14	55
South:							
All urbanizations-------	100	1	6	19	15	14	44
Urban-------------------	100	1	6	20	15	15	43
Rural nonfarm-----------	100	1	6	18	16	14	45
Rural farm--------------	100	2	6	18	13	13	48
West:							
All urbanizations-------	100	1	4	20	15	15	45
Urban-------------------	100	1	5	19	16	15	45
Rural nonfarm-----------	100	1	2	30	10	15	42
Rural farm--------------	100	2	2	14	15	15	52

Two-thirds NRC allowance | NRC allowance

*0.5 or less.

See footnotes at end of tables.

Table 14.--Ascorbic acid: Household diets with specified amounts per nutrition unit per day

Region, urbanization, 1964 money income after taxes	Ascorbic acid, in milligrams						
	All households 14/	Under 47	47-69	70-89	90-129	130-169	170 and over
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	Percent	Percent	Percent	Percent	Percent	Percent	Percent
United States:							
All urbanizations 6/----	100	13	14	14	24	16	19
Under $3,000----------	100	25	16	13	18	12	15
$3,000-$4,999---------	100	16	17	16	22	14	15
$5,000-$6,999---------	100	10	14	15	26	17	18
$7,000-$9,999---------	100	7	13	12	29	18	21
$10,000 and over------	100	3	8	11	26	22	30
Urban 6/----------	100	12	13	13	24	17	20
Under $3,000----------	100	23	15	13	17	15	17
$3,000-$4,999---------	100	16	15	15	22	15	17
$5,000-$6,999---------	100	10	13	14	26	18	20
$7,000-$9,999---------	100	6	13	12	30	18	21
$10,000 and over------	100	3	9	10	27	21	30
Rural nonfarm 6/--------	100	15	17	15	23	14	17
Under $3,000----------	100	29	19	10	20	10	12
$3,000-$4,999---------	100	15	22	18	22	12	11
$5,000-$6,999---------	100	9	17	19	25	16	15
$7,000-$9,999---------	100	7	14	13	28	15	22
$10,000 and over------	100	3	5	14	21	26	31
Rural farm 6/----------	100	17	18	16	24	14	12
Under $3,000----------	100	29	18	16	20	8	8
$3,000-$4,999---------	100	14	20	18	24	14	11
$5,000-$6,999---------	100	11	15	14	27	17	15
$7,000-$9,999---------	100	8	17	12	30	15	18
$10,000 and over------	100	6	13	14	26	23	19
Northeast:							
All urbanizations-------	100	9	12	13	23	20	23
Urban-------------------	100	8	11	11	24	20	26
Rural nonfarm-----------	100	14	15	17	21	18	15
Rural farm--------------	100	8	17	15	26	19	15
North Central:							
All urbanizations-------	100	14	14	14	26	15	17
Urban-------------------	100	15	14	13	26	15	16
Rural nonfarm-----------	100	13	14	14	26	14	20
Rural farm--------------	100	13	17	19	23	14	14
South:							
All urbanizations-------	100	16	16	14	23	14	17
Urban-------------------	100	14	14	14	23	16	19
Rural nonfarm-----------	100	18	19	14	22	12	16
Rural farm--------------	100	22	19	14	23	12	10
West:							
All urbanizations-------	100	10	13	15	25	17	20
Urban-------------------	100	10	12	14	24	17	22
Rural nonfarm-----------	100	10	22	16	30	11	10
Rural farm--------------	100	10	13	13	30	18	15

Two-thirds NRC allowance

NRC allowance

See footnotes at end of tables.

Table 15.--Household diets providing less than NRC allowance, fully and two-thirds, by nutrient: United States

Urbanization, 1964 money income after taxes (1)	1 to 7 nutrients (2)	Nutrient							Food energy (10)
		Protein (3)	Calcium (4)	Iron (5)	Vitamin A value (6)	Thiamine (7)	Riboflavin (8)	Ascorbic acid (9)	
Less than NRC allowance	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent
All urbanizations 6/	50	5	30	10	26	8	6	27	12
Under $3,000	63	12	36	11	36	10	10	42	14
$3,000-$4,999	57	5	35	10	26	8	6	33	12
$5,000-$6,999	47	4	29	10	24	8	5	24	12
$7,000-$9,999	44	2	26	8	20	6	4	20	8
$10,000 and over	37	2	24	8	18	6	3	12	10
Urban 6/	50	5	32	10	24	9	6	25	13
Under $3,000	61	12	39	13	34	12	12	38	16
$3,000-$4,999	57	6	37	10	25	10	7	31	14
$5,000-$6,999	46	4	29	9	23	9	5	23	13
$7,000-$9,999	44	2	28	9	21	6	4	19	8
$10,000 and over	38	2	25	9	17	7	3	12	11
Rural nonfarm 6/	52	5	27	9	29	7	6	31	9
Under $3,000	66	11	31	8	39	8	9	48	10
$3,000-$4,999	58	4	31	10	30	6	5	37	10
$5,000-$6,999	49	3	28	11	27	7	6	26	11
$7,000-$9,999	42	2	20	6	20	6	3	21	7
$10,000 and over	29	1	19	7	17	2	2	8	7
Rural farm 6/	52	5	25	5	30	4	5	34	7
Under $3,000	62	11	28	9	42	6	8	47	12
$3,000-$4,999	52	4	25	4	32	3	4	34	5
$5,000-$6,999	43	2	21	4	21	5	4	26	4
$7,000-$9,999	44	2	23	3	21	3	2	25	4
$10,000 and over	36	1	18	2	15	2	2	19	3
Less than two-thirds NRC allowance									
All urbanizations 6/	21	1	8	2	10	1	1	13	1
Under $3,000	36	2	12	3	18	2	2	25	2
$3,000-$4,999	24	1	9	2	10	1	1	16	1
$5,000-$6,999	18	*	6	2	7	1	1	10	1
$7,000-$9,999	12	*	5	1	5	1	*	7	1
$10,000 and over	9	0	4	1	4	1	*	3	*
Urban 6/	21	1	8	2	9	2	1	12	2
Under $3,000	35	3	14	3	16	2	2	23	3
$3,000-$4,999	25	1	10	2	10	2	1	16	2
$5,000-$6,999	18	1	6	2	7	1	1	10	2
$7,000-$9,999	13	*	5	1	6	1	*	6	1
$10,000 and over	9	0	4	1	4	1	*	3	1
Rural nonfarm 6/	22	1	6	1	12	1	1	15	1
Under $3,000	38	2	10	1	23	2	2	29	1
$3,000-$4,999	23	*	6	1	12	*	*	15	*
$5,000-$6,999	17	0	7	*	7	1	*	9	1
$7,000-$9,999	11	0	3	*	4	0	0	7	*
$10,000 and over	6	0	1	1	3	0	0	3	0
Rural farm 6/	23	1	7	1	12	1	1	17	1
Under $3,000	36	2	9	2	22	1	2	29	2
$3,000-$4,999	21	*	6	1	11	1	*	14	*
$5,000-$6,999	17	*	6	1	5	1	1	11	0
$7,000-$9,999	12	0	5	0	4	0	1	8	0
$10,000 and over	9	0	5	0	4	1	0	6	0

*0.5 or less.
See footnotes at end of tables.

Table 16.--Household diets providing less than NRC allowance, fully and two-thirds, by nutrient: Northeast

Urbanization, 1964 money income after taxes (1)	1 to 7 nutrients (2)	Nutrient							Food energy (10)
		Protein (3)	Calcium (4)	Iron (5)	Vitamin A value (6)	Thiamine (7)	Riboflavin (8)	Ascorbic acid (9)	
Less than NRC allowance	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent
All urbanizations 6/	47	5	31	11	24	9	5	21	13
Under $3,000	64	15	40	17	36	14	12	37	16
$3,000-$4,999	54	5	37	10	22	7	7	24	13
$5,000-$6,999	44	4	29	11	22	9	4	20	15
$7,000-$9,999	43	2	24	10	23	6	2	17	8
$10,000 and over	36	2	23	8	18	5	4	8	12
Urban 6/	46	5	31	11	22	10	5	19	13
Under $3,000	62	16	42	18	35	15	12	34	16
$3,000-$4,999	52	6	38	9	19	11	8	21	14
$5,000-$6,999	42	4	28	11	20	9	3	17	15
$7,000-$9,999	41	3	26	10	21	6	2	15	9
$10,000 and over	38	2	24	8	18	6	4	6	12
Rural nonfarm 6/	52	4	27	10	30	8	6	29	12
Under $3,000	70	11	32	11	41	13	11	48	17
$3,000-$4,999	63	3	34	12	32	8	5	36	12
$5,000-$6,999	51	5	34	12	31	8	7	27	14
$7,000-$9,999	49	0	18	9	29	6	3	24	6
$10,000 and over	27	0	16	11	19	0	5	14	14
Rural farm 6/	47	5	22	5	23	7	2	25	8
Under $3,000	46	8	33	8	29	8	4	33	13
$3,000-$4,999	47	6	22	3	25	8	6	28	6
$5,000-$6,999	57	7	20	7	20	13	0	30	10
$7,000-$9,999	38	0	6	6	19	0	0	12	6
$10,000 and over	40	0	27	0	20	0	7	13	0
Less than two-thirds NRC allowance									
All urbanizations 6/	17	1	7	2	8	2	1	9	2
Under $3,000	32	3	10	6	16	3	3	20	5
$3,000-$4,999	22	1	10	2	8	1	2	12	2
$5,000-$6,999	15	*	6	2	5	1	*	7	1
$7,000-$9,999	11	*	4	1	6	1	*	6	1
$10,000 and over	8	0	4	*	4	*	0	2	*
Urban 6/	17	1	7	2	8	2	1	8	2
Under $3,000	32	3	11	5	16	2	2	18	4
$3,000-$4,999	20	2	10	3	9	2	2	10	3
$5,000-$6,999	14	1	5	3	5	2	1	6	2
$7,000-$9,999	10	*	4	1	6	1	*	5	2
$10,000 and over	8	0	5	1	3	1	0	1	1
Rural nonfarm 6/	20	1	6	1	8	1	1	14	1
Under $3,000	35	4	6	6	20	4	4	28	6
$3,000-$4,999	25	0	10	0	5	0	0	19	0
$5,000-$6,999	19	0	10	0	6	0	0	11	0
$7,000-$9,999	14	0	1	0	8	0	0	9	0
$10,000 and over	11	0	3	0	5	0	0	5	0
Rural farm 6/	13	1	2	2	6	0	0	8	1
Under $3,000	17	4	4	8	8	0	0	12	4
$3,000-$4,999	25	0	6	0	11	0	0	14	0
$5,000-$6,999	10	0	0	0	3	0	0	7	0
$7,000-$9,999	0	0	0	0	0	0	0	0	0
$10,000 and over	0	0	0	0	0	0	0	0	0

*0.5 or less.

See footnotes at end of tables.

Table 17.--Household diets providing less than NRC allowance, fully and two-thirds, by nutrient: North Central

Urbanization, 1964 money income after taxes (1)	1 to 7 nutrients (2)	Nutrient							Food energy (10)
		Protein (3)	Calcium (4)	Iron (5)	Vitamin A value (6)	Thiamine (7)	Riboflavin (8)	Ascorbic acid (9)	
Less than NRC allowance	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent
All urbanizations 6/	52	5	31	10	27	8	6	29	13
Under $3,000	64	9	38	10	37	9	8	43	13
$3,000-$4,999	55	3	29	8	28	8	4	34	13
$5,000-$6,999	52	4	31	11	27	9	5	28	13
$7,000-$9,999	46	3	29	11	22	7	5	23	10
$10,000 and over	38	2	24	8	21	6	4	13	10
Urban 6/	54	5	33	12	29	9	7	30	14
Under $3,000	66	10	43	12	39	11	11	47	17
$3,000-$4,999	60	4	34	10	32	10	6	38	16
$5,000-$6,999	54	5	34	11	28	11	6	30	15
$7,000-$9,999	51	3	32	13	25	8	6	24	12
$10,000 and over	38	2	25	8	19	6	4	14	11
Rural nonfarm 6/	48	3	24	9	25	7	4	26	10
Under $3,000	60	7	32	8	34	6	4	36	8
$3,000-$4,999	49	1	22	8	22	4	2	29	12
$5,000-$6,999	52	1	27	13	28	5	4	25	11
$7,000-$9,999	32	2	17	7	11	7	4	19	7
$10,000 and over	44	4	22	9	35	9	0	4	4
Rural farm 6/	48	2	25	3	24	2	2	30	5
Under $3,000	59	4	27	4	34	3	2	41	7
$3,000-$4,999	46	1	22	3	23	1	1	28	5
$5,000-$6,999	41	1	22	3	18	3	3	25	3
$7,000-$9,999	43	1	28	2	19	4	2	24	5
$10,000 and over	39	0	16	4	20	2	2	20	6
Less than two-thirds NRC allowance									
All urbanizations 6/	22	1	8	1	9	1	1	14	2
Under $3,000	36	2	13	2	18	2	1	27	3
$3,000-$4,999	22	*	7	1	7	*	*	16	1
$5,000-$6,999	21	1	8	2	6	1	1	13	2
$7,000-$9,999	16	0	8	1	7	1	*	9	1
$10,000 and over	11	0	3	1	6	*	*	6	*
Urban 6/	24	1	9	1	10	1	1	15	2
Under $3,000	41	3	16	3	19	3	1	29	4
$3,000-$4,999	27	1	10	1	10	1	1	20	2
$5,000-$6,999	24	1	8	2	8	2	2	15	3
$7,000-$9,999	19	0	9	1	8	1	1	10	2
$10,000 and over	12	0	4	0	6	1	1	6	1
Rural nonfarm 6/	18	*	5	1	7	1	*	13	1
Under $3,000	31	1	10	1	20	1	1	25	1
$3,000-$4,999	16	0	2	1	2	0	0	11	0
$5,000-$6,999	16	0	5	1	3	1	0	9	1
$7,000-$9,999	10	0	4	1	4	0	0	7	1
$10,000 and over	9	0	0	4	4	0	0	4	0
Rural farm 6/	18	*	7	*	6	*	*	13	*
Under $3,000	28	1	6	1	12	1	1	22	1
$3,000-$4,999	14	0	5	0	4	0	0	11	0
$5,000-$6,999	18	0	9	1	3	0	0	10	0
$7,000-$9,999	14	0	7	0	4	0	0	10	0
$10,000 and over	8	0	6	0	4	0	0	8	0

* 0.5 or less.
See footnotes at end of tables.

Table 18.--Household diets providing less than NRC allowance, fully and two-thirds, by nutrient: South

Urbanization, 1964 money income after taxes (1)	1 to 7 nutrients (2)	Nutrient							Food energy (10)
		Protein (3)	Calcium (4)	Iron (5)	Vitamin A value (6)	Thiamine (7)	Riboflavin (8)	Ascorbic acid (9)	
Less than NRC allowance	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent
All urbanizations 6/	52	6	30	9	28	7	7	32	9
Under $3,000	63	12	32	12	39	10	12	46	13
$3,000-$4,999	59	6	36	10	30	6	8	38	9
$5,000-$6,999	44	3	24	8	22	4	5	23	8
$7,000-$9,999	43	2	25	4	20	4	3	18	4
$10,000 and over	36	0	25	6	14	4	0	10	7
Urban 6/	51	6	32	9	26	7	7	28	10
Under $3,000	60	12	35	14	36	11	12	40	14
$3,000-$4,999	58	5	39	9	26	7	8	35	10
$5,000-$6,999	43	3	25	7	20	4	5	21	9
$7,000-$9,999	43	1	27	4	20	5	4	17	4
$10,000 and over	41	0	28	7	17	5	0	12	9
Rural nonfarm 6/	54	7	28	8	31	6	7	36	7
Under $3,000	66	12	29	8	41	8	11	52	10
$3,000-$4,999	62	7	35	12	35	7	8	43	8
$5,000-$6,999	46	2	23	8	24	4	6	25	7
$7,000-$9,999	42	3	23	3	20	4	1	22	4
$10,000 and over	22	0	20	2	5	0	0	2	2
Rural farm 6/	57	8	25	7	39	5	8	42	8
Under $3,000	66	15	29	11	50	7	12	53	13
$3,000-$4,999	56	6	26	4	40	3	6	41	5
$5,000-$6,999	47	3	22	5	28	6	6	30	4
$7,000-$9,999	48	2	18	2	30	2	0	29	2
$10,000 and over	27	0	16	0	9	2	0	16	0
Less than two-thirds NRC Allowance									
All urbanizations 6/	24	1	8	1	13	1	1	16	1
Under $3,000	40	2	13	2	22	1	2	28	1
$3,000-$4,999	27	1	8	1	15	1	1	18	1
$5,000-$6,999	15	*	5	1	9	*	*	9	*
$7,000-$9,999	12	0	5	*	5	1	*	5	0
$10,000 and over	4	0	3	0	1	0	0	*	0
Urban 6/	22	1	9	1	11	1	1	14	1
Under $3,000	38	2	15	2	18	1	2	24	2
$3,000-$4,999	26	1	9	1	11	2	*	19	1
$5,000-$6,999	15	0	4	2	8	0	0	9	*
$7,000-$9,999	12	0	5	*	6	1	*	5	0
$10,000 and over	4	0	4	0	1	0	0	0	0
Rural nonfarm 6/	26	1	8	*	17	1	1	18	*
Under $3,000	42	1	11	*	25	1	2	32	0
$3,000-$4,999	28	1	8	2	23	1	1	17	1
$5,000-$6,999	16	0	7	0	12	1	0	8	0
$7,000-$9,999	10	0	6	0	3	0	0	6	0
$10,000 and over	0	0	0	0	0	0	0	0	0
Rural farm 6/	30	1	7	2	19	1	2	22	1
Under $3,000	43	3	12	3	30	2	3	35	2
$3,000-$4,999	27	*	6	1	17	1	1	17	1
$5,000-$6,999	16	1	2	1	9	1	1	14	0
$7,000-$9,999	12	0	2	0	7	0	0	7	0
$10,000 and over	11	0	4	0	4	0	0	4	0

*0.5 or less.

See footnotes at end of tables.

Table 19.--Household diets providing less than NRC allowance, fully and two-thirds, by nutrient: West

Urbanization, 1964 money income after taxes (1)	1 to 7 nutrients (2)	Nutrient							Food energy (10)
		Protein (3)	Calcium (4)	Iron (5)	Vitamin A value (6)	Thiamine (7)	Riboflavin (8)	Ascorbic acid (9)	
Less than NRC allowance	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent
All urbanizations 6/	48	5	31	9	21	10	6	23	14
Under $3,000	60	10	39	6	23	10	8	30	16
$3,000-$4,999	58	6	36	12	24	11	4	32	16
$5,000-$6,999	46	4	29	8	22	10	6	22	11
$7,000-$9,999	39	2	25	6	15	5	3	19	9
$10,000 and over	38	4	24	12	15	9	5	16	13
Urban 6/	47	5	31	9	20	9	6	22	14
Under $3,000	57	10	38	6	22	10	10	27	18
$3,000-$4,999	57	8	37	14	22	12	5	32	18
$5,000-$6,999	46	4	29	7	22	10	6	21	10
$7,000-$9,999	37	2	24	6	14	5	3	15	8
$10,000 and over	38	4	24	13	14	9	5	16	14
Rural nonfarm 6/	61	4	36	6	28	9	3	32	10
Under $3,000	74	9	48	0	30	9	0	48	0
$3,000-$4,999	65	0	35	0	35	5	0	35	0
$5,000-$6,999	50	8	31	15	23	11	8	27	19
$7,000-$9,999	69	0	31	8	23	15	8	15	23
$10,000 and over	25	0	0	0	25	0	0	25	0
Rural farm 6/	44	4	24	7	18	4	4	24	8
Under $3,000	54	4	27	15	23	4	4	34	15
$3,000-$4,999	58	3	32	3	29	6	6	22	6
$5,000-$6,999	27	3	16	7	7	3	3	13	7
$7,000-$9,999	40	4	20	8	12	4	4	32	8
$10,000 and over	44	4	22	4	13	4	4	26	4
Less than two-thirds NRC allowance									
All urbanizations 6/	18	1	8	3	6	2	1	10	2
Under $3,000	26	3	12	3	8	3	2	16	2
$3,000-$4,999	23	1	9	2	8	3	1	14	1
$5,000-$6,999	17	*	8	1	5	2	2	9	2
$7,000-$9,999	9	0	3	1	1	0	*	5	0
$10,000 and over	11	0	6	3	4	1	0	5	1
Urban 6/	18	1	9	2	6	2	1	10	2
Under $3,000	26	4	13	4	8	4	2	17	3
$3,000-$4,999	25	2	11	3	8	3	2	15	2
$5,000-$6,999	17	1	8	1	5	2	1	9	2
$7,000-$9,999	8	0	3	1	1	0	0	2	0
$10,000 and over	11	0	6	4	4	1	0	4	1
Rural nonfarm 6/	17	0	7	0	8	0	1	10	1
Under $3,000	26	0	9	0	13	0	0	13	0
$3,000-$4,999	10	0	0	0	5	0	0	10	0
$5,000-$6,999	15	0	9	0	8	0	4	8	4
$7,000-$9,999	15	0	8	0	0	0	0	8	0
$10,000 and over	0	0	0	0	0	0	0	0	0
Rural farm 6/	13	0	5	0	5	1	2	10	0
Under $3,000	23	0	4	0	8	0	4	23	0
$3,000-$4,999	13	0	6	0	10	0	0	10	0
$5,000-$6,999	13	0	7	0	0	3	3	7	0
$7,000-$9,999	8	0	4	0	4	0	4	8	0
$10,000 and over	13	0	4	0	4	4	0	9	0

*0.5 or less.

See footnotes at end of tables.

Table 20.--Household diets providing less than NRC allowance in specified number of nutrients

Region, urbanization, 1964 money income after taxes	Percent of diets short in--				
	1 or more 16/	1 only	2	3	4 to 7
(1)	(2)	(3)	(4)	(5)	(6)
United States:					
All urbanizations 6/	100	44	26	14	16
Under $3,000	100	37	28	15	21
$3,000-$4,999	100	43	27	16	15
$5,000-$6,999	100	45	26	13	16
$7,000-$9,999	100	52	25	11	12
$10,000 and over	100	53	20	16	11
Urban 6/	100	44	25	14	17
Under $3,000	100	34	29	14	23
$3,000-$4,999	100	43	25	15	16
$5,000-$6,999	100	45	25	13	16
$7,000-$9,999	100	51	25	12	12
$10,000 and over	100	53	21	15	11
Rural nonfarm 6/	100	44	27	15	15
Under $3,000	100	41	24	16	18
$3,000-$4,999	100	41	31	16	12
$5,000-$6,999	100	43	29	12	16
$7,000-$9,999	100	56	25	9	10
$10,000 and over	100	50	20	20	10
Rural farm 6/	100	43	29	15	13
Under $3,000	100	34	30	17	18
$3,000-$4,999	100	43	30	17	9
$5,000-$6,999	100	50	26	13	11
$7,000-$9,999	100	52	30	12	7
$10,000 and over	100	68	15	13	8
Northeast:					
All urbanizations	100	46	24	14	16
Urban	100	47	23	13	17
Rural nonfarm	100	42	28	16	14
Rural farm	100	57	17	14	12
North Central:					
All urbanizations	100	43	26	15	16
Urban	100	41	25	16	18
Rural nonfarm	100	46	27	14	13
Rural farm	100	51	27	15	7
South:					
All urbanizations	100	42	27	14	17
Urban	100	43	28	12	17
Rural nonfarm	100	42	25	16	17
Rural farm	100	34	32	16	18
West:					
All urbanizations	100	46	26	12	15
Urban	100	46	26	12	16
Rural nonfarm	100	48	30	11	11
Rural farm	100	54	24	11	11

See footnotes at end of tables.

FOOTNOTES TO TABLES

Note: Averages are based on all households in cell. Totals may include some items not shown separately.

1/ Total number of meals served to all persons from home food supplies divided by 21.

2/ Includes TV and other plate dinners.

3/ In-shell equivalent of liquid eggs (yolks, whites, mixed yolks and whites) and processed eggs.

4/ Includes cooked mature legumes on dry-weight basis; nuts on shelled-weight basis.

5/ Includes all citrus fruit as single-strength juice equivalent.

6/ Includes households not classified by income.

7/ Quantity of whole fluid milk to which dairy products (except butter) are equivalent in calcium.

8/ Includes punches, ades, and beverage powders; excludes low calorie drinks.

9/ Includes coffee and low-calorie drinks used and amounts of tea and seasonings purchased during the week.

10/ A person equals 21 meals from home food supplies.

11/ Cooking losses deducted.

12/ The basis for a nutrition unit for a specified nutrient is the allowance for the 25-year-old man. His allowances are: Food energy, 2,900 cal.; protein, 70 g.; calcium, 800 mg.; iron, 10 mg.; vitamin A value, 5,000 I.U.; thiamine, 1.2 mg.; riboflavin, 1.7 mg.; and ascorbic acid, 70 mg. Source: Recommended Dietary Allowances, 6th ed., Food and Nutrition Board, National Academy of Sciences-National Research Council, 1964.

13/ Data for the nutritional evaluation of the diets of the households in this table as well as in tables 3 and 5 through 20 are for food used or consumed in an economic sense. Inedible parts and normal trimming have been allowed for, but no deductions have been made for discard of edible food. The NRC allowances, on the other hand, are for nutrients as actually ingested.

14/ Percents may not add to 100 because of rounding.

15/ Includes yeast, baking powder, plain chocolate, cocoa, and coffee, low-calorie drinks, seasonings, and similar items.

16/ 1 or more of 7 nutrients--protein, calcium, iron, vitamin A value, thiamine, riboflavin, and ascorbic acid.

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